



TREATMENT MENU

KOHLER
Waters
SPA.

A background image of a waterfall with water cascading down, creating a sense of movement and freshness. The water is clear and blue, with white foam at the base of the falls.

KOHLER WATER SPA

Gloriously abundant, supremely healing. At St. Andrews in Fife, Scotland we are so truly blessed to be very close to this beautiful coastal town, it brings the winds and carries the tides. A source of replenishment and invigoration, our waters form part of our inspiration for your visit to the spa. Feel free to immerse yourself, listen intently, you might just hear the waves lapping on our shores.

THERMAL SUITE EXPERIENCE

Leave the world behind in our Kohler Waters Thermal Suite. Immerse in our hydrotherapy pool, offering both invigorating and effervescent water experiences. While there, wash away all stresses with the swan-neck jet spray, enter the cool plunge pool for a refreshing dip before resting in the steam room, or dry-heat sauna. Relax poolside while the waterfall plays out a soundtrack for you to simply float away.

Finally return to the spa lounge for a warm drink or cool infused water while you wait for your treatment.

Prefer a quieter area? You can enjoy the peace and tranquillity of the deep relaxation room, with the luxurious chaise longues, mood lighting and a selection of teas and dried fruits.

We recommend that you use our thermal experience for at least 30 minutes prior to any treatment, this will prepare your body and mind for the treatment and greatly enhance your time with us.

MASSAGE THERAPIES

All massage treatments provide tension release, stress reduction, circulation enhancement and overall wellness. All services include a consultation to focus on key needed areas.

KOHLER WATERS SIGNATURE MASSAGE

80 minutes

Designed by our very own Kohler team, you will experience a blend of their favourite Kohler touches - beginning with a relaxing footbath followed by a harmonious full body massage, featuring our Kohler Signature Tranquility.

GOLFER'S RECOVER MASSAGE

80 minutes

Designed to ease tension and increase flexibility with specific stretching techniques, the therapist personalises the massage to your specific needs while concentrating on the shoulders, upper back, chest and hips as well as forearms and wrists.

DEEP TISSUE MASSAGE

80 minutes

Similar to a Swedish massage, deep tissue massage uses slower and firmer strokes and pressure than other treatments - deep finger pressure that concentrates on particular areas and follows or goes across the fibres of muscles and tendons. We recommend using our Thermal Suite before and/or after your massage as this will soothe and warm the muscles and boost the effectiveness of the treatment.

HOT STONE MASSAGE

80 minutes

An extraordinary ancient ritual for the body using hot and cold stones, which immediately bestow relaxation, alleviating tension, stress and anxiety and promotes detoxification. This treatment, eases aches and pains, stimulates the metabolism and restores vitality and balance.

CUSTOM MASSAGE

50 minutes

This universal and fully customisable back massage encourages relaxation and targets areas of tension. A variety of techniques and range of pressure are used to meet your specific needs.

BEGINNING, DURING AND AFTER MATERNITY MASSAGE

80 minutes

In these phases it is important to concentrate on nourishing the skin to ensure it remains soft, supple and elastic and to avoid stretch marks. Due to stretching of the skin, it can also feel very itchy and tight, and therefore best to deeply nourish it to offer a sense of relief and comfort.

SPA TWO-GETHER

80 minutes | 50 minutes

Enjoy your customised treatment with a friend or loved one. This universal and fully customisable massage encourages full body relaxation. A variety of techniques and ranges of pressure are used to meet your specific needs.

WELLNESS TREATMENTS

These Made for Life Organic treatments are especially beneficial for those undergoing medical treatments as it completely rejuvenates the entire body and mind leaving you with the overwhelming sense of tranquillity and relaxation.

They are perfect for those whose skin feels damaged by medications, stress and the outside world.

HAND ON HEART

50 minutes

This deeply relaxing and nurturing spa ritual is suitable for all and is aimed to soothe bodies that are under pressure and stress. Smooth, slow and rhythmic Tui Na and gentle touch is applied to the scalp, face, back and shoulders. These slow Chinese movements rebalance and calm the upper body. This facial eases any tension and replenishes, nourishes and revives the skin.

This treatment is especially beneficial for those undergoing medical treatments as it completely rejuvenates the entire body and mind leaving you with the overwhelming sense of tranquillity and relaxation.

SOOTHE AND NURTURE ORGANIC FACIAL

25 minutes

A beautiful way to restore natural luminosity, leaving skin looking and feeling radiant. Balms and oils will nourish and cleanse, eliminate congestion and revitalise the natural balance of the skin. Followed by a deeply relaxing face and scalp massage which calms the mind and soothes the soul.

CATCH THE BREATH

25 minutes

This nurturing gentle treatment for the head, back and shoulders has been created to help you drift into a meditative state of relaxation and escape from reality. Slow Tui Na Chinese massage techniques rebalance and calm the upper body, providing complete tranquillity and relieving bodily aches and pains.

FACIAL TREATMENTS

All Kohler Waters Spa facials include cleansing, toning, exfoliation and facial massage with hand and foot hydration. Your spa therapist will also provide a personal evaluation to assess your skin care needs and provide any recommendations.

KOHLER WATERS SIGNATURE FACIAL

80 minutes

As unique to you as your thumbprint, your skin is a living expression of your life, and it changes in response to the season, stress and diet. So your skin deserves a treatment designed just for you. This luxurious treatment increases hydration, firms and tones. Antioxidants repair the skin and leave a vibrant glow. Includes a relaxing back treatment and an anti-ageing hand treatment.

YOUTH REVEALING PIONEER TREATMENT

80 minutes

This innovative pioneer youth revealing facial from Phytomer, uses the patented marine ingredient Extra Marine Filler, to enable lines and wrinkles to be filled within 15 minutes.

The use of a new and unique massage procedure stimulates micro-circulation to oxygenate and revitalise, encouraging muscle relaxation to smooth lines and wrinkles and restore skin elasticity. The result – lines and wrinkles are diminished, the skin is softer, smoother and more radiant. Also includes a relaxing back massage.

CLASSIC PRESCRIPTION FACIAL

50 minutes

Customised for your specific needs, your therapist will guide you in selecting the components that are right for the needs of your skin on the day of your service. From the style of your exfoliation treatment and the masque that soothes your revitalised cells to the body treatments and finishing touches that rejuvenate your mind and body, we invite you to choose. Before your treatment begins, you and your therapist will spend a few moments exploring the options and designing your classic facial.

SUBLIME SKIN FACIAL

80 minutes

Deluxe Lift - our state-of-the-art ultimate anti-ageing facial combines new Archi-lift technology with the renewing effects of the double peel for an instant re-plumping effect. Ideal for mature skin with visible signs of ageing, this forming facial stimulates cellular regeneration using the exclusive active lift massage techniques to smooth and tone skin. The result is smoother, radiant, more youthful skin.

VIE - 3D WRINKLE

50 minutes

Combining sophisticated cosmeceuticals with microcurrent will deliver dramatic, visible results. A highly effective wrinkle eraser and serum will smooth expression lines around the eyes and the forehead. Face shapers and plumping hyaluronic acid filler serum fills deep lines around the mouth and cheeks to re-volumise skin texture. Finally, a customised mask is applied to lift, firm and rejuvenate the complexion.



BODY WRAPS & SCRUBS

Exfoliation improves the texture of your skin, helps reduce lines and allows deeper absorption of moisturisers and antioxidants.

We recommend absence of shaving or waxing prior to body treatments.

KOHLER WATERS WRAP-SIGNATURE

80 minutes

This signature body wrap starts with a gentle exfoliation using a marine sponge before your body is drenched with a warm oil enriched with trace elements and minerals. Fresh lavender petals are then scattered over your body giving you a sense of deep relaxation and well-being. While cocooned in warmth you will receive a detoxifying facial treatment, followed by a scalp and facial massage.

Your skin will be left visibly rejuvenated and nourished.

AROMASOUL RITUAL SCRUB

50 minutes

This renewing volcanic scrub ritual uses minute lava particles combined with nourishing shea butter and enhanced with your chosen essential oil blend to smooth and soften the skin leaving it radiant.

An ideal complement to the aromasoul elements massage.

HIMALAYAN SALT & MOISTURISE

50 minutes

The treatment starts with an exhilarating salt scrub, a combination of the precious pink Himalayan salt, followed by aromatic oil to completely detoxify the body, ease aches and pains, stimulate the metabolism and restore vitality and balance.

UNIQUELY YOURS CONTOUR WRAP

80 minutes

Whether you're looking for help with stubborn curves, cellulite, slimming or smoothing, you and your therapist will select the perfect wrap for your body. The treatment begins with a customised exfoliation to detoxify and stimulate the skin promoting absorption of ingredients. A full body wrap in our marine mask is for contouring, detoxifying, stimulating metabolism, remineralising and stimulating micro-circulation.

HYDROTHERAPY

Salus per aquam , a latin translation for health through water. Generally speaking, heat is used to quiet and soothe the body and slow down the activity of internal organs.

Cold is used to stimulate and invigorate, increasing activity within the body.

Not recommended during pregnancy.

LAVENDER RAIN-SIGNATURE

80 minutes

Relax and inhale the calming and balancing benefits of fresh lavender in this completely balancing and rejuvenating spa experience. A nourishing body scrub with marine salt crystal awakens the body, and a warm rinse under our KOHLER® Custom Vichy shower soothes it. This signature treatment includes a full body moisturiser and hot stone treatment on the back and feet.

RAIN MAN

80 minutes

Designed for men, this warm Vichy shower experience includes hot stones on the back and feet, a full body exfoliation and our signature moisturiser.

HEALING WATERS TREATMENT

80 minutes

This treatment improves circulation and invigorates the senses while simultaneously calming the mind. Continuous warm water from the Vichy shower keeps you comfortable throughout as you lie back and enjoy a series of delightful experiences including a natural exfoliation, soothing lymphatic draining technique and Moroccan oil hair treatment. Bursts of cooler water awaken the senses and refresh tired muscles – all while you remain warm and relaxed.

BATHING TREATMENTS

RIVERBATH WITH MASSAGE

90 minutes

Bring calm to your body and spirit with a cleansing exfoliation with a Vichy hydro-massage. Then enter the RiverBath by Kohler with a full spectrum of eight sequential colour hues and invigorating whirlpool jets. A 50-minute massage follows for complete relaxation.

SÖK OVERFLOWING BATH WITH MASSAGE

90 minutes

Submerge from the top of your shoulders in the sōk overflowing bath by Kohler. The chroma-therapy full colour spectrum feature takes you through a bathing rainbow. A dry body brushing exfoliation prepares the body for mineral absorption in the bath. A 50-minute massage completes this rejuvenating experience.

FOR THE GOLFER

GOLFER'S RECOVER MASSAGE

80 minutes

Designed to ease tension and increase flexibility with specific stretching techniques, the therapist personalises the massage to your specific needs while concentrating on the shoulders, upper back, chest and hips as well as forearms and wrists.

CUSTOM MASSAGE

50 minutes

This universal and fully customisable massage encourages full body relaxation. A variety of techniques and range of pressure are used to meet your specific needs.

DEEP TISSUE MASSAGE

80 minutes

Similar to Swedish massage, deep tissue massage uses slower and firmer strokes and pressure than other treatments - deep finger pressure that concentrates on particular areas, and follows or goes across the fibres of muscles and tendons. We recommend a sauna or steam bath before and/or after your massage as this will soothe and warm the muscles and boost the effectiveness of the treatment.

RAIN MAN

80 minutes

Designed for men, this warm Vichy shower experience includes hot stones on the back and feet, a full body exfoliation with our signature products.

GOLFER'S FOOT RENEWAL

50 minutes | 80 minutes

Restore your feet after an exhilarating day of golf. Includes a scrub, cooling soothing mask applied to the feet and lower legs, followed by a pressure point foot massage.

SPA RITUALS

SEA HOLISTIC FACE AND BODY TREATMENT

90 minutes

With a combination of effleurage strokes, pressure and stretching, this highly original massage using marine salt crystals and fresh lavender in warm boluses restores the body's balance and provides a sensation of absolute well-being. The body is deeply relaxed and the skin is left feeling remineralised and beautifully soft. This treatment includes a full body exfoliation and mini facial treatment.

TRANQUILLITY™ FACE AND BODY RITUAL

90 minutes

A unique sensorial and aromatic well-being ritual for the face and body aimed at favouring complete relaxation of mind and body. Through the application of really light pressure at a slow pace, experience a profound sense of well-being that results in relaxed muscles, improved circulation and visibly oxygenating, luminous and nourished skin.

HIMALAYAN SALT STONE MASSAGE RITUAL

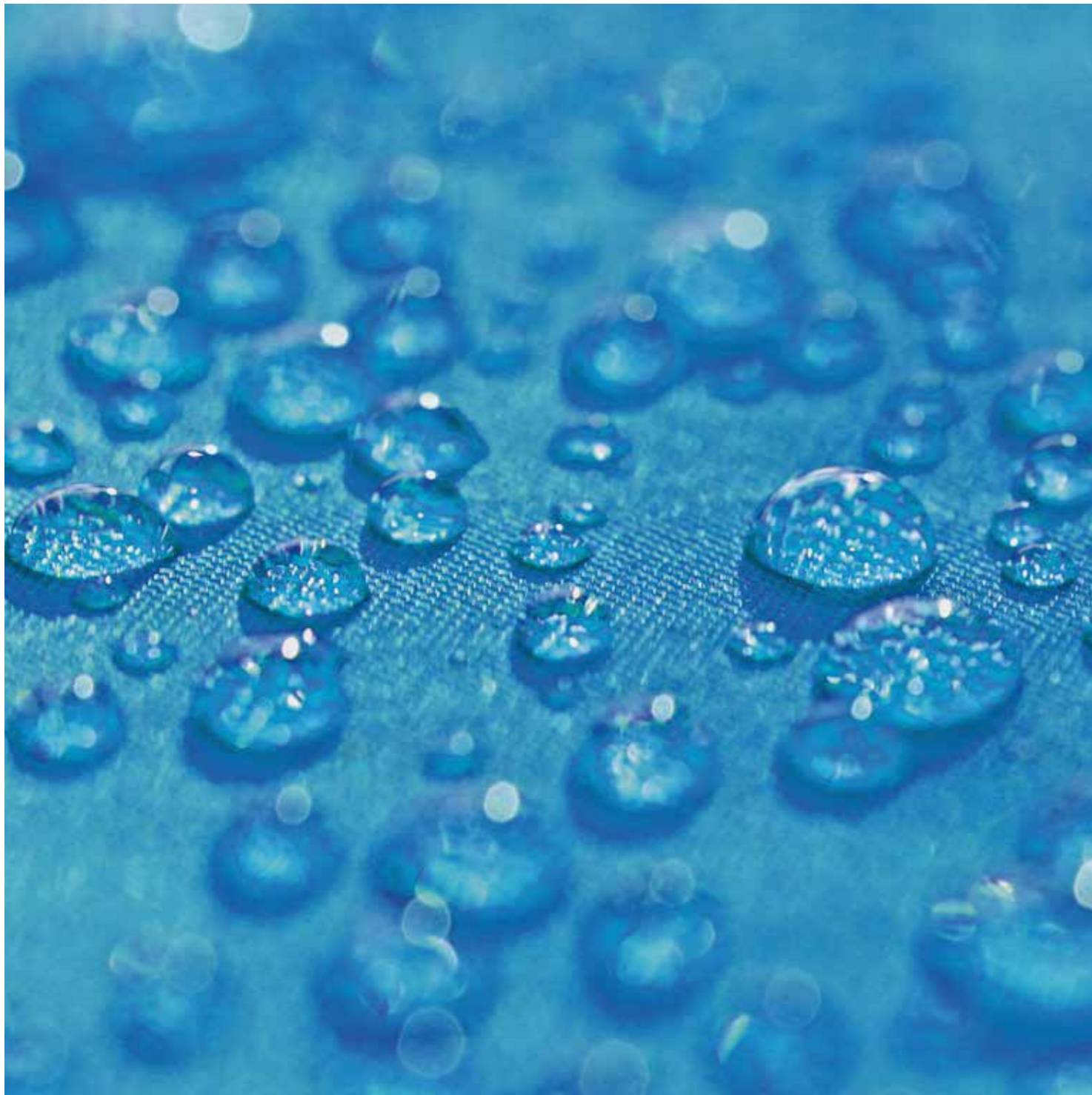
90 minutes

An extraordinary ancient ritual for the body which begins with body massage using warm Himalayan salt stones, which immediately bestow relaxation, alleviating tension, stress and anxiety. The treatment then proceeds with an exhilarating salt scrub, a combination of the precious pink Himalayan salt with a nourishing aromatic oil to completely detoxify the body, ease aches and pains, stimulate the metabolism and restore vitality and balance.

CUSTOM TIME

120 minutes

Simply reserve time and allow our expert therapists to customise your treatment experience. Following a consultation your experience will be tailored to your individual requirements and preferences on the day.



FINISHING TREATMENTS

GOLFER'S FOOT RENEWAL - SIGNATURE TREATMENT

50 minutes Men | 80 minutes Women

Restore your feet after an exhilarating day of golf. Includes a scrub, cooling soothing mask applied to the feet and lower legs, followed by a pressure point foot massage.

HEALTHY HANDS MANICURE - SIGNATURE TREATMENT

50 minutes

This manicure exfoliates and moisturises. Following a paraffin mask, heated spa mitts enhance the moisturising effect. Hand massage and nail polish complete this service.

MARGARET DABBS SUPREME MANICURE

50 minutes

Giving outstanding results and with the indulgence of the full range of Margaret Dabbs products and finishing with a wonderful hand and lower arm massage. Simply the best manicure you can find.

MARGARET DABBS SUPREME PEDICURE

50 minutes

Giving outstanding long-lasting results, with the indulgence of the full range of Margaret Dabbs Fabulous Feet products and finishing with a foot bath and wonderful foot massage.

SHELLAC

25 minutes

A superior service with CND™ SHELLAC™ Brand 14+ Day Nail Colour. Includes nail shaping and cuticle tidying (can be manicure or pedicure).

FINAL TOUCH POLISH CHANGE

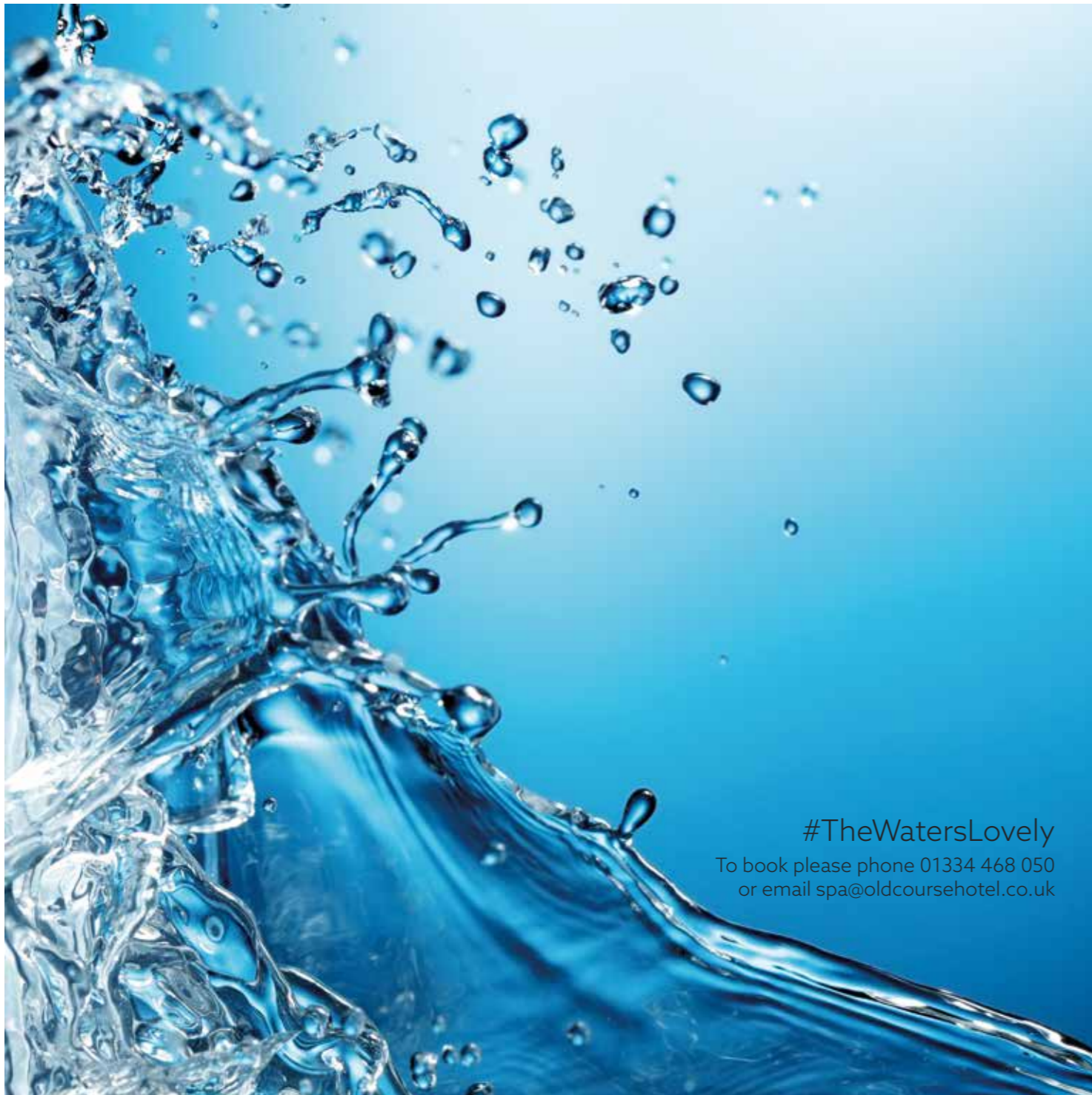
25 minutes

This mini nail service includes a brief file followed by a finishing touch nail polish.

PERFECT MAKE UP APPLICATION

50 minutes

For that special occasion, allow our beauty artists to create your perfect look for day or night.



#TheWatersLovely

To book please phone 01334 468 050
or email spa@oldcoursehotel.co.uk

KOHLER
Waters
SPA.

SUMMER TREATMENT PRICES

KOHLER
Waters
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MASSAGE THERAPIES

KOHLER WATERS SIGNATURE MASSAGE	80 minutes £140
GOLFER'S RECOVER MASSAGE	80 minutes £140
DEEP TISSUE MASSAGE	80 minutes £150
HOT STONE MASSAGE	80 minutes £140
CUSTOM MASSAGE	50 minutes £124
BEGINNING, DURING AND AFTER MATERNITY MASSAGE	80 minutes £140
SPA TWO-GETHER	50 minutes £124 per person 80 minutes £140 per person

WELLNESS THERAPIES

HAND on HEART	50 minutes £114
SOOTHE and NURTURE ORGANIC FACIAL	25 minutes £72
CATCH the BREATH	25 minutes £72

FACIAL THERAPIES

KOHLER WATERS SIGNATURE FACIAL	80 minutes £140
YOUTH REVEALING PIONEER TREATMENT	80 minutes £155
SUBLIME SKIN FACIAL	80 minutes £155
CLASSIC PRESCRIPTION FACIAL	50 minutes £130
VIE - 3D WRINKLE	50 minutes £140

BODY WRAPS & SCRUBS

KOHLER WATERS WRAP-SIGNATURE	80 minutes £140
UNIQUELY YOURS CONTOUR WRAP	80 minutes £140
AROMASOUL RITUAL SCRUB	50 minutes £124
HIMALAYAN SALT & MOISTURISE	50 minutes £124

HYDROTHERAPY

RIVERBATH WITH MASSAGE	90 minutes £150
SÖK OVERFLOWING BATH WITH MASSAGE	90 minutes £150
LAVENDER RAIN-SIGNATURE	80 minutes £140
RAIN MAN	80 minutes £140
HEALING WATERS TREATMENT	80 minutes £140

FOR THE GOLFER

GOLFER'S RECOVER MASSAGE	80 minutes £140
DEEP TISSUE MASSAGE	80 minutes £150
RAIN MAN	80 minutes £140
CUSTOM MASSAGE	50 minutes £124
GOLFER'S FOOT RENEWAL	50 minutes Men £67 80 minutes Women £72

SPA RITUALS

CUSTOM TIME	120 minutes	£230
SEA HOLISTIC FACE AND BODY TREATMENT	90 minutes	£155
TRANQUILLITY™ FACE AND BODY RITUAL	90 minutes	£155
HIMALAYAN SALT STONE MASSAGE RITUAL	90 minutes	£155

FINISHING TREATMENTS

MARGARET DABBS SUPREME MANICURE	50 minutes	£57
MARGARET DABBS SUPREME PEDICURE	50 minutes	£67
GOLFER'S FOOT RENEWAL	50 minutes Men	£67
	80 minutes Women	£72
HEALTHY HANDS MANICURE - SIGNATURE TREATMENT	50 minutes	£67
PERFECT MAKE UP APPLICATION	50 minutes	£67
FINAL TOUCH POLISH CHANGE	25 minutes Nail Polish	£30
	25 minutes French Polish	£40
SHELLAC APPLICATION	25 minutes	£35
SHELLAC REMOVAL	25 minutes	£25



OLD COURSE HOTEL
ST ANDREWS
GOLF RESORT & SPA

A KOHLER EXPERIENCE

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